Sleep Issues

Since beginning to process PTSD 22 years ago my sleep has been a bit wonky. First during a period when using med support, and the side effects of the meds. Then during menopause. I am at the tail end of the PTSD journey, and know well what insomnia is like from PTSD. That hyper-vigilant awareness of not feeling safe to sleep, or aspects of the self who were night time aspects, and getting that dynamic oriented to day time activity.

Now it is like I can't get good rest. Like I don't sleep deeply enough. Sleep is really fragmented. I will sleep, wake up, sleep, wake up.

and if I am "herxing" - I think this is what is going on - sleep isn't possible.

The only place I can get relief is in a warm/hot bath with epsom salts, and now I have taken to adding aloe vera juice, baking soda, and sea salt.

In water I find relief.

In the past month, each week, I seem to have 2-3 nights a week where sleep isn't possible - so I meditate, lay in bath water. By around 5:00 pm I seem to be able to sleep.